



Arthur G O'Malley

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Biography

Arthur G O' Malley has worked as a consultant child and adolescent Psychiatrist from 2004 and accredited as an EMDR consultant from 2008. He has also trained in sensorimotor psychotherapy. He has been a Member of the UK and Ireland EMDR Association since 2002 and was a Member of the European Conference organizing committee for the London Conference and the Child and Adolescent Committee. He has presented at their AGMs in Glasgow, Manchester, Dublin and at the European conferences in Paris and London. He has presented widely in the fields of trauma, neglect and the developing brain, attachment disorders, personality disorders, emotional dysregulation in ADHD and ASD diagnosis and management. He first presented on this model at the ISSSTD 28th Annual Conference in Montreal November 2011. Recent articles on the clinical effectiveness of BART psychotherapy have been published to complement the book, The Art of BART which was published by Karnac books in London in 2015 and is available in print and as an eBook from Amazon and karnacbooks.com. The updated version of the book, Beyond the Art of BART: Sensorimotor Focused EMDR for Psychotherapy and Peak Performance will soon be published.

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BEYOND THE ART OF BART: SENSORIMOTOR FOCUSED EMDR FOR PSYCHOTHERAPY AND PEAK PERFORMANCE

This is an integrated approach to psychotherapy, which incorporates elements of trauma focused cognitive behaviour therapy (TF-CBT), Eye Movement Desensitization and Reprocessing (EMDR), mindfulness, somatic experiencing and sensorimotor psychotherapy (SP). This workshop gives participants an understanding of information processing in the body following significant life events. Gut feelings are initially registered at the level of the gut brain. Research on the gut microbiome and its relation to mental health will be presented. The next level of reprocessing takes place at the level of the heart brain, which is often linked to feelings of loss panic and anxiety. Activation of the body's energy system continues with activation of the hypothalamic pituitary adrenal (HPA) axis. A key component of reprocessing is overcoming the symptoms of speechless terror, which are felt at the level of the throat and pharynx. The goal of activating and reprocessing these sensations, motor impulses, emotions, feelings and thoughts is to bring unconscious trauma triggers into conscious awareness. In trauma as Bessel van der Kolk wrote in 1992, "the body keeps the score", with 90% of information stored somatically while we are consciously aware of only 10% of the information related to the traumatic event. This explains why premature use of CBT is ineffective. The reprocessing is continued with the patient being maintained in calm waters (Conscious Aware, Level-Headed, Mindful, Window of Affective Tolerance Emotional Regulation and Stability). The author will explain my two and three-dimensional models of dissociation associated with high arousal or RAPIDS (Racing Thoughts, Affective instability, Partitioned personality, Impulsivity, Distress and suicidality). This will also include a demonstration of dissociation and low arousal states or FROZEN (Freeze Reaction, Oblivious, Zonked out and Emotionally Numb). The author will illustrate the use of the sensorimotor EMDR psychotherapy with different types of traumatic dissociation with reference to individual cases of both acute and complex PTSD. I will also introduce delegates to quantum field theory and how quantum consciousness can be utilized in the consultation between therapist and client.